

Abstrakt

Subjekt: Mandala as an instrument of meditation in alternative treatment of addiction.

Purpose of diploma work: The aim of this thesis is to mediate the creation of mandals and through adventruring the therapy evoke the harmony of personality, new direction, life style and by an uncommon method heal addicted clients. Various forms of therapies which have the character of creative therapy (e.g. ergotherapy, artetherapy, muzikotherapy, biobliotherapy, psychotherapy exc.) create space to find own identity.

Method: Thesis has been elaborated studiing qualified literature, recherche, analysis and synthesis of elaborated cogitations. Integral part is also the method of compilation which enchases the basic knowledge. The most important method used to put the work together was comparation and consequently created project of placed problems.

Results: Retrieval of acceptable therapeutic possibilities along with alternative healing of clients addictions. Newly created project provides harmonogram for tratment of addictions and may be applied within daily stationarity or weekend programs.

Key words: phenomenon of addiction, alternative therapy, artetherapy, Tibetan mandala, personality of woman